

Dear Educator,
As we celebrate the beginning of a new year, now is a great time to help students focus on what's good in their lives.

To help you, got milk? teamed up with the curriculum specialists at Young Minds Inspired to create new, upbeat activities and a family letter inspired by *Glass Half Full News*, a kid-staffed online news series that serves up a freshly positive perspective on local doings—like an information smoothie, blending a dash of optimism and a spoonful of imagination with a glass of milk.

The activities in the *Start the New Year with Your Glass Half Full* program will help amplify the positivity of the news series by promoting social-emotional learning in the classroom and at home, while reinforcing English language arts skills. Each class activity can be administered remotely, in person, or in a blended learning setting. The family letter features at-home activity ideas to keep the learning going by connecting parents and caregivers to what their kids are experiencing in class.

We hope your students and their families enjoy these activities—and please share this kit with other teachers, too! Afterward, let us know your thoughts about the program by visiting ymiclassroom.com/feedback-glass-half-full. We look forward to hearing from you!

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



START THE NEW YEAR WITH YOUR GLASS HALF FULL

NEW FOR 2021!

TARGET AUDIENCE

Students in grades K-2 and their families

PROGRAM OBJECTIVES

- Promote social-emotional learning competencies
- Provide practice with English language arts skills
- Help students and their families focus on the positive

PROGRAM COMPONENTS

Visit ymiclassroom.com/glass-half-full for:

- This two-page teacher's guide
- Two reproducible student activities
- A reproducible family activity
- Standards alignment chart
- A feedback form to share your thoughts on the program
- Video links

HOW TO USE THIS PROGRAM

Copy and distribute the activity sheets for students to complete in class or at home; alternately, share the activity sheets with students by video, on your web page, or by email. Make copies of the family letter for students to take home, or share it through your web page or by email. Refer to the standards at the link above regarding alignment with Common Core State Standards and CASEL competencies.



Activity 1 WHAT KEEPS YOUR GLASS HALF FULL?

Ask students what they think it means when someone says their *glass is half full*. Explain that *glass half full* is a saying that means a person chooses to see the positive side of things, unlike *glass half empty*, which means a person sees the negative. Provide an example, such as:

- Glass half empty: I didn't finish my homework yet.
- Glass half full: When I'm done with my homework, I can play with my toys.

Ask students to volunteer examples of *glass half empty* and *glass half full* comparisons. Then distribute the activity sheet and read the directions and phrases for Part 1 with your students. Ask them to find and circle the capitalized words in the word search puzzle. With younger students, do the activity as a class.

got milk?

© 2021 California Milk Processor Board



For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

VISIT YMICLASSROOM.COM/GLASS-HALF-FULL FOR ADDITIONAL RESOURCES!



START THE NEW YEAR WITH YOUR GLASS HALF FULL

After students complete the activity sheet, watch an episode of *Glass Half Full News* (ghfnews.com). Ask students which stories inspire them or make them laugh or feel good. Then review the directions for Part 2 and have kids fill in the chart based on their own glass half full experiences.

As a follow-up, have the students create a news story about what keeps their glass half full. Younger students might create and share a picture that tells their story or create a short video with help from a parent or caregiver. Older students might “report” their story live on camera or in class. Encourage older students to model their story on the *Glass Half Full News*.

Answers: Part 1: See below.
Part 2: Answers will vary.



Activity 2 THAT'S GOOD NEWS!

Tell students that the world has lots of good news worth sharing. Ask for volunteers to tell the class about good news stories they've heard or experienced lately. For example, perhaps their family got a new pet, or they earned an allowance for helping out with chores.

Then let kids know that the stories featured in this activity are real-life good news, and they can help to tell the stories by completing the activity.

Distribute the activity sheet and read the instructions with students. For younger students, read the stories and complete the activity together as a class. For older students, have them read the stories and fill in the blanks independently or with a partner. When students have completed the activity sheet, read the stories aloud as a class. Ask students how the stories made them feel and why they might be considered *glass half full* stories. Then have students choose one of the stories to illustrate on the back of the activity sheet or a separate sheet of paper.

Answers:
“Can Cows Power the Planet?”: milk, electricity, farm, drive
“Kids Can Help, Too!”: painted, art, money, thankful



EXTENSION ACTIVITIES

- Ask students to use approved websites or a newspaper to find and share real-life good news stories. Younger students might interview family members to learn about good news stories in their lives. Encourage students to create illustrations to accompany the stories they discover.
- Have students keep a weeklong daily *glass half full* journal. Each day, ask them to write one sentence about something that makes them feel good or grateful. At the end of the week, have students choose a sentence to share with the class.
- As a class, brainstorm a list of simple actions students can take to help “fill” someone else’s glass. For example, students might give someone a compliment, offer to help someone clean up, invite someone to play a game, etc. These ideas can be posted in the classroom or on the class web page as a reminder to share positivity and gratitude.

RESOURCES

- *Glass Half Full News*: ghfnews.com
- got milk?: gotmilk.com
- YMI Glass Half Full Mini-Site: ymiclassroom.com/glass-half-full
- Stay Strong kid hero coloring pages: ymiclassroom.com/stay-strong

got milk?



© 2021 California Milk Processor Board

VISIT YMICLASSROOM.COM/GLASS-HALF-FULL FOR ADDITIONAL RESOURCES!



WHAT KEEPS YOUR GLASS HALF FULL?

Good things keep your glass half full. They help you to feel happy and grateful!



Part 1: Read the phrases below. Underline the things you like best. **Find and circle the capitalized** words in the word search puzzle.

F G T Y S O F K L B
 R V Y T F S A W L A
 I C E W F E M X A S
 E P O O C K I S F K
 N C H O C O L A T E
 D G E J K J Y K R T
 S Q A S L I P L A B
 Y L B M A Z E I B A
 B Y Y B E T M S C L
 A Q J H L S U G B L

- playing BASKETBALL
- baking COOKIES
- drinking CHOCOLATE milk
- telling JOKES
- helping FAMILY
- playing GAMES
- talking to FRIENDS
- cuddling with PETS

Part 2: Now think about what keeps your glass half full. Fill in the chart below. Look at the example for help.

What Keeps My Glass Half Full	WHAT	WHY
<i>Example</i>	Online hip-hop lessons	It is fun to learn to dance.
Your answer		

Create a news report about your answer. Share it with your teacher and family.



Families! Check out *Glass Half Full News* at ghfnews.com. See how kids can put a spin on the ordinary to see the positive!



THAT'S GOOD NEWS!

Part 1: Help tell these good news stories. Use words from the word bank to fill in the blanks. Then read the completed stories aloud.



Story 1: Can Cows Power the Planet?

Word Bank

drive electricity farm milk

One farm in California has 9,500 cows. The cows make _____. They also make poop! It is called *manure*. A special machine uses the poop to make _____. The electricity powers buildings on the _____ and homes nearby. One year of poop from one cow could power a car to _____ across the United States!

Story 2: Kids Can Help, Too!

Word Bank

thankful art painted money

Tuesday and Sunny are sisters. Tuesday is 6 and Sunny is 2. Over the summer, they _____ pictures. They sold their _____ and raised \$600. They gave the _____ to firefighters in Glendale, California. The firefighters were _____ for the help.

Part 2: After you read the stories, draw a picture about one of them.



got milk?

© 2021 California Milk Processor Board

Families! Check out *Glass Half Full News* at ghfnews.com.
See how kids can put a spin on the ordinary to see the positive!

START THE NEW YEAR WITH YOUR GLASS HALF FULL

Dear Parents & Caregivers, Did you make New Year's resolutions for 2021? Here's one to add to your list that complements what your child has been learning at school: Make a family resolution to emphasize the positive and see your glass as half full, even when times are challenging.

You could start by watching *Glass Half Full News*, a kid-staffed online series that serves up a freshly positive perspective on local doings—like an information smoothie, blending a dash of optimism and a spoonful of imagination with a glass of milk. Your child has recently watched some of these fun, playful news reports and completed activities inspired by the series, learning to focus on what's good and find things to be grateful for. As a family, try these ideas to spread the positivity.

NEW YEAR, NEW ACTIVITIES

- Choose an episode of *Glass Half Full News* (ghfnews.com) to watch together. Then take turns talking about one "newsworthy" thing that's played a positive part in your life in the last week. Don't forget to include small and silly things! For example:
 - Maybe the family finally finished a puzzle that took a few days (or weeks) longer than expected.
 - Maybe the cat ate some catnip and then blissfully rolled around on a blanket for hours.
 - Maybe there was a huge, bright full moon that lit up the whole sky.
- Create a "Family Glass Full of Goodness" by drawing a big, empty glass on a large piece of drawing paper. Cut out the glass shape and post it on your refrigerator. Then fill the glass with good things, including pictures, stickers, and gratitude-inspiring words and phrases.
- Play the "Glass Half Full Game" around the breakfast table by having each person take a turn to say something positive, fun, or gratitude-filled about the person who came before them. This could be done within a household and/or remotely via video conferencing.
- Have your children interview the adults in your family to discover things they find positive and inspiring. Then turn the tables and have the adults interview the kids! Record your interviews to share with extended family members outside your home.



- Play the "A Is for Awesome" gratitude game whenever two or more family members are together to fill the time. Take turns going through the letters of the alphabet and coming up with good, funny, uplifting, or inspiring words or phrases that start with each letter. For example:
 - "A" is for "awesome"
 - "B" is for "busy"
 - "C" is for "caring"

No need to go through the whole alphabet at once—keep track of where you leave off and start with that letter when you begin the game again!



got milk?

© 2021 California Milk Processor Board

As a family, check out *Glass Half Full News* at ghfnews.com.
See how kids can put a spin on the ordinary to see the positive!